

## City of Wichita Flag Football

Please Note: Players may not participate on two or more teams.

There will be a five (5) minute grace period for teams unprepared to play. After 5 minutes the unprepared team will take a loss (default).

### **I. The Game, Field, Players and Equipment**

- A. The game shall be played between 2 teams of 7 players each.
- B. The first downs are achieved by crossing the “zone line to gain.” Zone lines are 20 yards apart.
- C. The official field is 50 yards X 80 yards, with 10 yards end zones.
- D. Shirts must be long enough so they remain tucked in the pants or shorts. It must remain tucked in at all times.
- E. Shoes: All players must wear athletic shoes made of soft-soled, leather, or canvas composition (No metal spikes)
- F. Towels may not be attached at the player’s waist.

### **II. Captain’s meeting**

- A. A coin toss shall be conducted during the captain’s meeting. The captain winning the toss shall have these options:
  - 1. Offense/defense or the side a team wants to defend.
- B. In the second half both teams shall switch sides and the team who picked offense first will play defense at the start of the second half.

### **III. Periods, Time Factors, Substitutions**

- A. Playing time shall be 40 minutes, divided into two halves of 20 minutes each.
- B. The clock will run continuously for the first 37 minutes of the game. The clock will be stopped for an injury time out, official’s time out, team time out, a touchdown or extra point. Clock will restart after the official has placed the ball in play, not at the snap of ball.
- C. During the final 3 minutes of the 2<sup>nd</sup> half, the clock will operate under regular high school football rules.
- D. Each team is entitled to two 60-second time-outs throughout the entire game.
- E. The ball shall be put in play within 25 seconds after it is declared ready for play by the referee.
- F. Games ending in a tie during the regular season will remain a tie.
- G. **Mercy Rule:** A game shall end if a team is behind by 20 points or more at the start or during the last 3 minutes of the second half.
- H. The clock will run continuously during the last three minutes of the second half if a team is ahead by 15 points or more.
- I. No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

**IV. Ball in Play, Dead Ball, Out of Bounds**

- A. A player is out of bounds when any part of him touches anything, other than another player or a game official which **is on or outside the sideline or end line**. The player touching the line is out of bounds. **The line is out!**
- B. When any part of the runner other than a hand or foot touches the ground the ball is dead. (Knee, shoulder, elbow = dead ball).
- C. Only one forward pass is allowed. When a backward pass, fumble, or snap touches the ground the ball is dead and the ball is placed at the spot of the fumble.
- D. When a runner has a flag belt removed legally by a defensive player the ball is dead.
- E. When a runner has a flag belt partially removed and then the flag drops to the ground the play shall be dead and the ball will be taken at the spot where the flag fell.
- F. Jamming another player is illegal. Setting picks is illegal as well. 10 yard penalty for illegal contact.

**V. Punts**

- A. **When a punt touches the ground on or anywhere in a playable area, any player on the receiving team may pick up the ball and run with it. If a receiver tries to catch the ball but drops it the ball is dead and the spot is taken where the ball hit the ground.**
- B. If a punt touches the ground that is behind the goal line a player may catch the ball and advance or down the ball; whistle is blown and play is stopped immediately (touchback). A touchback will be awarded to the receiving team. It's a change of possession and the ball is placed on the 15 yard line. Clock shall continue to run unless it's the last 3 minutes of the game.
- C. There are no on-side kicks.
- D. The kicker must be at least 5 yards or more behind the scrimmage line.
- E. Both teams must have at least 4 players within 1 yard of their scrimmage line and remain motionless until the kick is made (arms must be to the player's side).

**VI. Snapping, Handing, and Passing the Ball**

- A. The offensive team must have at least 4 players on the line of scrimmage at the snap. The defensive line of scrimmage is 1 yard off the ball.
- B. 3 point or 4 point stances are illegal.
- C. After the ball is ready for play, all offensive players must momentarily be within 15 yards of the ball before the snap.
- D. All players of either team are eligible to touch or catch a pass.
- E. Only one forward pass can be thrown per down.
- F. A player must have at least a foot in bounds on all catches.

## **VII. Scoring Plays and Touchbacks**

- A. Extra points: From the 3 yard line is worth 1 point, from the 10-yard line is worth 2 points and from the 20-yard line is worth 3 points.
- B. A safety is worth 2 points.
- C. A defensive player intercepting a ball and running it back for a touchdown will be worth the extra point (whether it's 1 point, 2 points or 3 points).
- D. Once a player scores a touchdown an official shall remove the flag to ensure equipment is legal.
- E. Clock will stop after a touchdown and during the extra points. Clock will not restart until the official blows the whistle to put the ball back in play.

## **VIII. Blocking**

- A. Offensive Screen
  - 1. The offensive screen block shall take place without contact.
  - 2. The screen blocker shall have his hands and arms at his side or behind his back.
  - 3. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen is illegal.
- B. Defense
  - 1. Defensive players must go around the offensive player's screen block.
  - 2. The arms and hands may not be used to contact an opponent except when capturing a flag belt or tagging a runner without a belt.
  - 3. Attempting to steal, punch or strip the ball from a player is illegal.
  - 4. Holding, pushing or tackling a runner is illegal.
  - 5. Grabbing on to the shirt is illegal: 10 yard penalty.
  - 6. The swim maneuver is prohibited and shall be deemed illegal. 10 yard penalty.
- C. Offense
  - 1. Guarding of the flag belts with any part of the body to avoid being deflagged is illegal. 10 yards penalty.
  - 2. A player is not allowed to "stiff arm" a defending to avoid being deflagged. 10 yards penalty.
  - 3. A player may not deliberately drive or run into an opponent, or lower their head and shoulders, causing any contact. 10 yards penalty.

## **IX. Quarterback**

- A. Defensive players may not push, pull, hold, tackle, trip or hit a quarterback while he is attempting to make a play. (Roughing the passer, 10 yard penalty from the previous spot, automatic first down.)
- B. Quarterback may not push, flag guard, or stiff arm a defensive player while he is trying to go for the flag. (10 yard penalty at the spot of the foul (repeat down)).

## **X. League Rules:**

- A. Quarterbacks cannot run with the ball for extra yards. (Penalty loss of down, ball is placed at the same marker). If the quarterback is being rushed by a defensive player he may scramble but not advance the ball past the line of scrimmage.

**Additions:**

All rushers will start ten (10) yards off the line of scrimmage and may rush the passer once the ball is snapped.

No running plays.

A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, free kick, protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball.

Prior to making the ball ready for play on fourth down, the Referee must ask the offense if he wants a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other officials.